

"Q P R" For Suicide Prevention

- Q** - **QUESTION** the person about suicide.
Ask the “S” question – Are you thinking about Suicide?
Clarify any clues or communications about Suicide.
- P** - **PERSUADE** the person to get help.
Listen and get the individual assistance.
- R** - **REFER** for help.
Enlist the assistance of others and refer the individual to a professional who can help!

Ask a Question, Save a Life!